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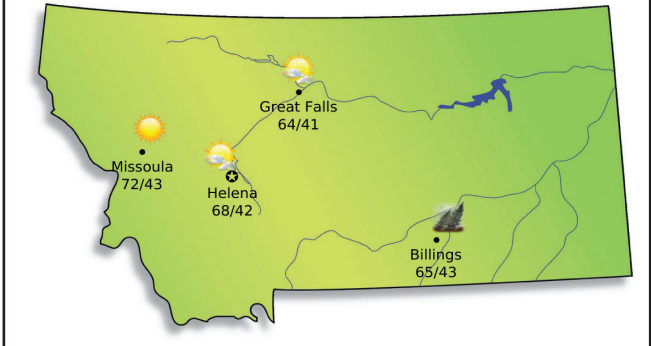
Lewistown 538-8791 • Denton 567-2561  
Stanford 566-2670 • Moore 374-2528

Lewistown Weather

Local 5-Day Forecast

Wed 6/1	Thu 6/2	Fri 6/3	Sat 6/4	Sun 6/5
 <b>74/51</b> Partly cloudy skies. A stray t-storm is possible. High 74F. Winds light and variable.	 <b>74/49</b> Partly cloudy. Highs in the mid 70s and lows in the upper 40s.	 <b>75/50</b> Mix of sun and clouds. Highs in the mid 70s and lows in the low 50s.	 <b>80/52</b> Sunshine. Highs in the low 80s and lows in the low 50s.	 <b>82/55</b> A few clouds. Highs in the low 80s and lows in the mid 50s.
Sunrise: 5:26 AM Sunset: 9:06 PM	Sunrise: 5:25 AM Sunset: 9:06 PM	Sunrise: 5:25 AM Sunset: 9:07 PM	Sunrise: 5:24 AM Sunset: 9:08 PM	Sunrise: 5:24 AM Sunset: 9:09 PM

Montana at a Glance



Area Cities

City	Hi	Lo	Cond.	City	Hi	Lo	Cond.
Anaconda	68	38	M Sunny	Great Falls	64	41	Sunny
Belgrade	65	38	M Sunny	Hamilton	74	41	Sunny
Big Sky	57	37	P Cloudy	Hardin	63	43	M Cloudy
Billings	65	43	M Cldy/Wind	Havre	63	40	Cloudy
Bozeman	63	40	Sunny	Helena	68	42	Cloudy
Butte	66	37	Sunny	Kalispell	73	46	Sunny
Chinook	64	41	Cloudy	Lewistown	59	39	Cloudy
Columbia Falls	71	42	Sunny	Miles City	60	44	Cloudy/Wind
Conrad	64	38	Sunny	Missoula	72	43	Sunny
Cut Bank	63	39	Sunny	Plentywood	57	42	Showers
Deer Lodge	68	38	M Sunny	Polson	71	44	Sunny
Dillon	67	40	Sunny	Scobey	57	41	Rain
Forsyth	60	45	Cloudy/Wind	Sidney	58	43	Showers
Glasgow	63	43	Showers/Wind	Whitefish	71	43	Sunny
Glendive	55	42	Rain	Wolf Point	62	42	Rain

National Cities

City	Hi	Lo	Cond.	City	Hi	Lo	Cond.
Atlanta	89	68	M Sunny	Miami	85	76	M Cloudy
Boston	84	60	Cloudy	Minneapolis	72	57	T-Storms
Chicago	77	66	M Cloudy	New York	83	66	Cloudy
Dallas	85	70	M Cloudy	Phoenix	100	74	Sunny
Denver	68	48	Cloudy	San Francisco	68	53	Cloudy
Houston	87	72	P Cloudy	Seattle	78	56	P Cloudy
Los Angeles	78	59	Cloudy	Saint Louis	81	65	T-Storms

Moon Phases

First	Full	Last	New
May 13	May 21	May 29	Jun 5

UV Index

Wed 6/1	Thu 6/2	Fri 6/3	Sat 6/4	Sun 6/5
8	5	8	8	8
Very High	Moderate	Very High	Very High	Very High

The UV Index is measured on a 0 - 11 number scale, with a higher UV Index showing the need for greater skin protection.

0

11

# Montana Fish, Wildlife and Parks reaches out

## Department offers courses designed for women

By JENNY GESSAMAN  
Reporter

Public lands and the outdoor experience is one of Montana's greatest resources, for its economy and its residents, and Montana Fish, Wildlife and Parks helps manage it. The agency helps people use it, too, and they want to make sure every Montanan, man or woman, is comfortable playing under the state's big skies.

Liz Lodman is the Becoming an Outdoors-Woman coordinator for FWP, and attributes the agency's first women-targeted outreach to the start of the state's BOW program.

BOW is an international program, offered in almost 40 states and six Canadian provinces, and designed to teach women outdoor skills and activities. Lodman said anyone can participate, but the classes are created around the interests and capabilities of women.

Montana's program started in 1994, the same time Lodman joined FWP, and she has attended every workshop. She listed some of the classes the annual three-day workshop has offered, including shooting, canoeing and outdoor cooking.

Lodman explained the idea

behind BOW was simple.

"A lot of state residents are women, and we are reaching out to involve that population in things Montana Fish, Wildlife and Parks is tasked with managing for our state," she said.

While the event welcomes everyone, Lodman has seen a range of woman attend.

"Really, we've had [every age] from 18 to 80 plus attend the workshops, and all walks of life come," she said.

Lodman has heard a range of motivations, too. Some women are interested in the outdoors, while others are new to the state and want to learn about its greatest resource. Others never had the opportunity to learn from family, or want to share loved ones' hobbies.

Although many participants have their reasons for coming, Lodman pointed to BOW's setting as a draw. Some women, she said, can be intimidated learning in a male-dominated group, and over the years, Lodman has seen women preferring to learn through collaboration instead of competition.

The program has become so popular it has branched out into Beyond BOW, workshops led by experienced volunteers and focused on a single topic. While Lodman does not coordinate those, she is excited for the chances BOW and its satellite workshops offer women.

"We're offering them another way, another venue to learn about hunting, fishing and other outdoor activities," she said.

However, FWP is reaching out in other areas, too.

**Getting women in orange**  
Hunter Education Administrative Assistant Sara Smith is

focusing on women, and hopes to establish classes geared towards women.

"I think it's kind of been around, but it hasn't been real consistent," she said.

Smith's insistence comes from interest. She described women who never imagined an attraction to the sport developing interest and questions. She found others who wanted to join family or friends during the hunting season.

"A lot of moms want to do it with their kids," Smith said.

Regular classes can create barriers, though. According to Smith, some mothers do not want to take the course with children. She hopes a class targeted at women would create a more comfortable environment.

"Everything we've offered so far has been really well received," Smith said. "It's definitely an untapped need."

According to Smith, part of the need arises from the differences between genders, something she has run into over the years.

"Gear: A lot of the time, and especially a long time ago, they [women] couldn't find things built for them," she said.

Smith also pointed to field dressing, something possibly affected by a woman's slighter build, and the fact some women did not grow up shooting firearms.

Although there is interest, and there are issues for the class to address, Smith faces a problem: Courses are only offered when instructors are available. She wants more availability and regularity with women-targeted classes.

"I think right now one of our main goals is recruiting more female hunter education and bow hunter education instructors," Smith said.

A bit of everything

Kathy Irwin is one of FWP's female hunter education



Plant Identification Instructor Jan Nixon (left) shares a serviceberry fruit with a student during the 2009 Becoming an Outdoors-Woman workshop. Montana Fish, Wildlife and Parks started the program in 1994 after the state director met the international program's founder at a conference.

Photo courtesy of Liz Lodman

instructors, and has been volunteering her time for over a decade. She has also taught courses geared towards women, on and off, since 2005, and said the classes generated from interest.

"There was a need for it, and we had encountered a lot of moms that brought kids to hunter education," she said.

Like Smith, she also thinks a different approach is valid for women.

"We're built different physically, and address problems differently," she said. "Even the grip of a handgun: What fits a man's hand won't fit a woman's hand."

Irwin just finished her first women-targeted hunter education course in Lewistown, and labeled the week a success: She had 11 women sign up, and all of them passed.

Irwin is also a veteran of the state's BOW program: She attended a BOW workshop in 2000, became an instructor in

2001 and has missed only two years since then.

"It was fun because it gave me an opportunity to meet other gals who enjoy outdoors stuff, and I've made a lot of friends over the years," she said.

She supports both outreach efforts, and has a simple description for who should sign up:

"Anybody who wants to learn new skills, or become better at what they do know," she smiled.

**Want to learn more?**  
For more information on Becoming an Outdoors-Woman, visit the website at <http://fwp.mt.gov/education/bow/>  
To learn more about hunter education, and classes designed for women, call Sara Smith at 406-444-9948 or Kathy Irwin at 535-3524.

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